

Introduction

There are many different kinds of people in the world. Some people are more positive and some are more destructive and some are pretty half way. We all want to be great and to be remembered in a good way. However, we constantly get beaten by reality. Is it really wise to be so kind or not? And if we are *not* kind, is it possible to change ourselves to be kind? Is it possible to change others with our actions?

In this hypothesis, we will be shown a theory on how to make other people and society better by our actions. We will also be shown how it is also possible to change ourselves toward a more positive level. The good deed hypothesis is my own personal theory and hypothesis. So, feel free to criticise my hypothesis. I do not mind.

First, I would like to share my personal experience which inspired me to create the good deed hypothesis.

My Personal Story

When I was younger, I was a bully. My mum wanted me to become a better person so she sent me to the Church to learn compassion. However, it did not go as planned. When I was enrolled into an international school with rich English-speakers, I ended up becoming self-abased and felt that I was not worthy of anything good. I was not rich nor did I know how to speak English well. I also had acne in Grade 6 which made me the target of the school bully. I was physically abused with a belt and sexually harassed almost everyday for a whole year of middle school. However, I never fought back. Instead, I used kindness and compassion hoping that it would change the bully's attitude towards me. It did not. Now that I look back on that experience, I

actually realise that maybe the reason why I never fought back was because I was raised in Domestic abuse with dominant mother. I was too afraid to fight back against my family. So, I became a coward. I became afraid of people.

I transferred to another school but still became more self-abased because my classmates were richer and more intelligent. I was physically bullied, cyberbullied, and discriminated against.

Moreover, I got a U grade instead of an A* from my IGCSE Physics exam. I also failed in a business project competition and a sports competition. All this on top of domestic abuse in such a short period of time caused me so much stress. I couldn't handle it anymore.

At the time, I had two thoughts: commit suicide without telling anyone or become a real-life Joker by bringing a gun to school and hurting everyone who has ever hurt me.

But then, I met a girl. She invited me to her small after-school party and changed my suicidal and hateful thoughts. She cheered me up by complimenting me and saying that I look like Song Joong Ki. I was the only boy surrounded by a group of kind girls. It gave me a reason to live and to be more positive. I was encouraged by the fact that there are people like her in the world. It was my first redemption.

However, that feeling did not last. A week later, I started to have a stress-caused mood disorder with psychiatric symptoms such as love delusions and auditory hallucinations that were diagnosed years later. I felt like I was going crazy. I didn't notice until years later how much pain I caused for my parents, friends, and school, especially that girl and her friends. Meeting that girl actually changed my mindset, though. The little demons in my head that were convincing me to do destructive things thankfully did not win against the little angel.

After I became crazy, I lost most of my friends, including my best friend. Ironically, I was then also diagnosed with Seborrheic dermatitis and acne outbreaks which the doctor said was the worst case he has ever seen. It is like having severe adult chickenpox with pus on the head, face, and throat that will never recover. It's itchy and painful. I became a monster. I became isolated in classrooms and the school campus. Many of my closest friends left me and others verbally abused me. I came to find that I only had three real friends and everyone else were just bullies. Then, to add on to the horror, I got hydrocephalus (increased water in the brain) which caused me to be suicidal all over again. Then, the last straw that hit me down was a rumour that spread around the school.

That girl approached me once more. She asked me about the rumour and whether it was actually true. I thought she hated me because I caused her so much embarrassment and relationship

troubles. She even told me “I hate you.” But when she approached me to ask me about the truth, I did not see any disgust or fear in her eyes, only genuine concern and worry. It amazed me how positive and inspirational a person can be.

However, my past issues resurfaced. The acne became unbearable. There was more extreme group bullying, I had to drop out of highschool during the midterm because my parents found out that I attempted to commit suicide. I was so depressed and ashamed because I knew that I couldn’t achieve my dream of becoming a university student anymore.

Almost everyday for 2 months, like cutting my wrist in front of my parents. I couldn’t handle the pain on my face due to the severe acne. I couldn’t handle the awful memories I had from school. I couldn’t handle it anymore. My new doctor had to break the rules to give me dangerous but very effective acne medicine with a

safety dosage of 2 years usage even though she knew that it could only reduce the symptoms, not cure it. I still felt like a monster, an abnormal person. I got discriminated against. But I am still grateful that I will never give up on loving my life. I gained hope that I could live for at least two more years, so I began to study hard to enter university by myself.

When I recovered, I went to teach English to little kids at a Catholic orphanage. It was the only place where people did not treat me differently. I believe that no one is born to discriminate against others but rather it is learnt and observed from our environments.

My mood disorder intensified when one year passed because I thought I had only one year left to live peacefully. Then, the doctors told me that I could take the medicine for six and a half more years (until 2025). She had done research on it and

convinced her department head to allow me to take the medicine. However, the maximum dosage should be 2 years of use and after that, it will slowly destroy my organs every single day.(Hahah Chronic suicide) I still hope that there will be better medicines to treat my acne in the future. As soon as 2025 arrives, I'm sure that I will go back to that time of frequent suicide attempts but I won't be able to do anything anymore. Therefore, before that time, I want to spend my time doing good things such as creating this **Good Deed Hypothesis.**

Things to consider : The acne was truly painful and unbearable. I was a Varsity Rugby Player at the time but I lost confidence in myself and even attempted suicide because it hurt. Do not judge others because you don't know what they're going through.

Don't judge the whole book by the chapter you walked in on.

Note : If you think that I might have just been imagining the girl's kindness, I can agree with you. It was a very long time ago and now, even if it was true, she would say it wasn't.

Quote: I want to update Joker's "All it takes is just one bad day". I actually believe that "All it takes is just a little kindness on a bad day".

My Observations:

Now, let's begin to discuss the Good Deed Hypothesis.

Let's first define some key terms that I will use to define this hypothesis.

Productive will be referred to as adding extra value to current situations.

Destructive is then reducing the value from current situations

Value can be physical, emotional, intelligence-based, monetary, or power-based.

Looking in the long term, a person cannot be persistent with their happiness if the whole society is unhappy. If we want to lengthen group survival time, we must be productive and give productive things to others. If there was no one to comfort me when I was down, I would have done extremely destructive things. This is an example of increased entropy. It is evident that our civilization will end one day due to entropy.

What is **Entropy**?

Entropy is a chemical term used to describe the degree of chaos and disorder. In terms of the world, we will gradually have more

disordered situations than ordered situations. Everything will decay one day and be lost.

But, as human-beings, we can do productive things to slow down this process of entropy. Productive things such as giving hope and love can form cooperation and rules that reduce internal consumption. On the other hand, destructive things such as killing people will cause war that increase internal consumption to speed up the process of entropy.

This hypothesis might inspire and encourage people to be more positive and be more productive inwardly and to others. This will help make the society that includes you and your loved ones live longer. This hypothesis will also illustrate that being positive or negative can make huge impacts on many others. The reason is that the one you influence today could stand on a huge platform which will make a huge impact on the world in the future. For

example, if you influence one to be positive and they become a prime minister in the future, that will have a huge impact on the country or even the world. So, be careful how you influence others.

The Rules in this hypothesis:

First, I want to share the laws I found that is related in this hypothesis

1. People hide their true mind

People do not always express what they are feeling — they manage displays of their emotions in many different ways.²

2 .We can observe our mind state by being conscious, and we know ourselves better than other in most case.^{4,3}

3. People are more likely to be consistent to their mind according to consistency and commitment tendency

Quote from Poor Charlie Almanack “ The brain of man conserves programming space by being reluctant to change. People are reluctant to change even when they have been given new information that conflict with what they already believe”

4. We can spot other actions and only guess other real minds, but we cannot 100% predict their next move.

I think you should agree with me from your own experience because we live in the same world. Hahaha

5. We can influence other

As all of us know, we can influence other people, even Harvard Business review encourages you to influence people at work.⁵

6. People move around and interact with many people

Types of People According to this Hypothesis

In this hypothesis, we assume that there are 3 main kinds of people, people with positive dominant minds, struggling minds, and negative dominant minds. However, there are no totally positive or negative people.

These three types of people differ by the balance of productive and destructive things they do to themselves and to others.

People with **Positive Dominant Minds** do much more productive things than destructive things. They are generally much more productive and less destructive than the other two

types. Some likely representatives of positive dominant minds are **Albert Einstein** and **Bill Gates**.

People with **Negative Dominant Minds** do much more destructive things than productive things. They are generally much more destructive and less productive than the other two types. Some likely representatives of negative dominant minds are **Genghis Khan** and **Adolf Hitler**.

Struggling people want to be positive dominant people but their nature tells them it is not a good idea to be positive dominant people. I cannot find exact representatives for this one but I believe the grey area exists. For a vague example, according to the news in China, many people are afraid to help an old man who has fallen because the old man is likely to accuse them of pushing him down. In consequence, the helper might lose a lot of money to solve the problem. They do productive things but

relatively less than positive dominant people, and they also do destructive things but relatively less than negative dominant people.

The Hierarchy and the Power Levels of the Types

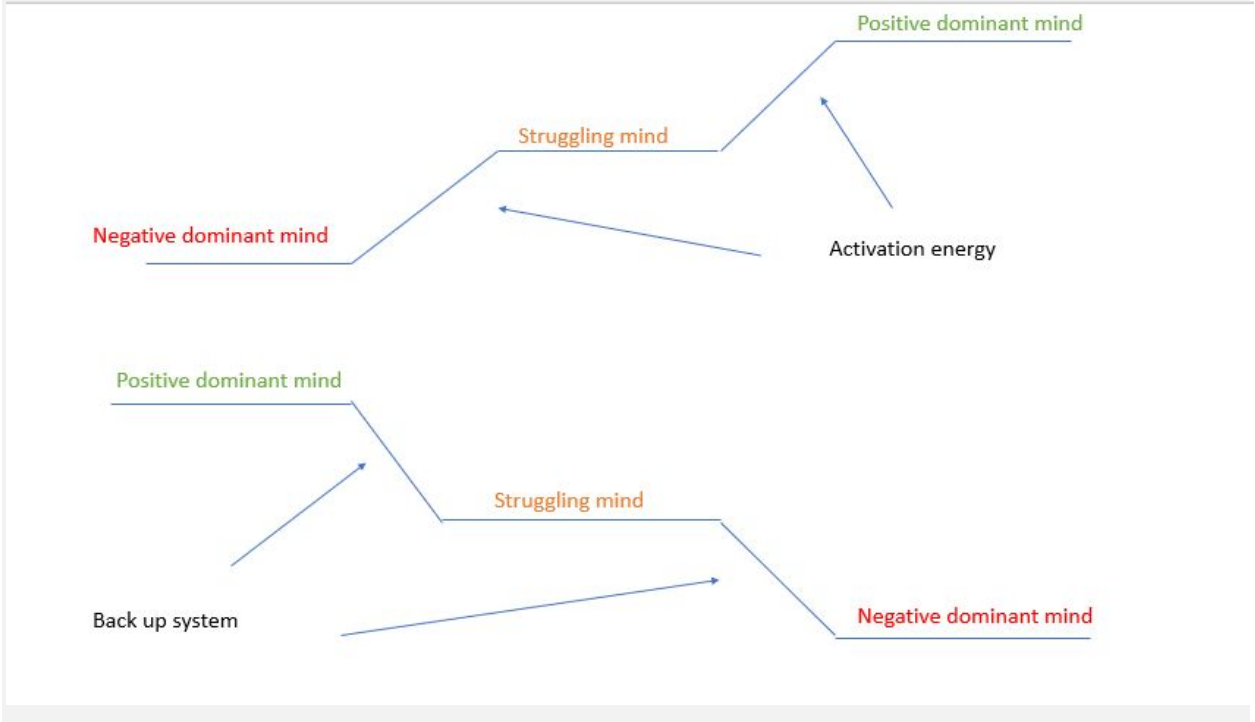
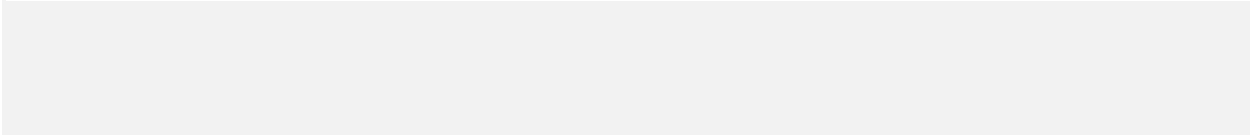
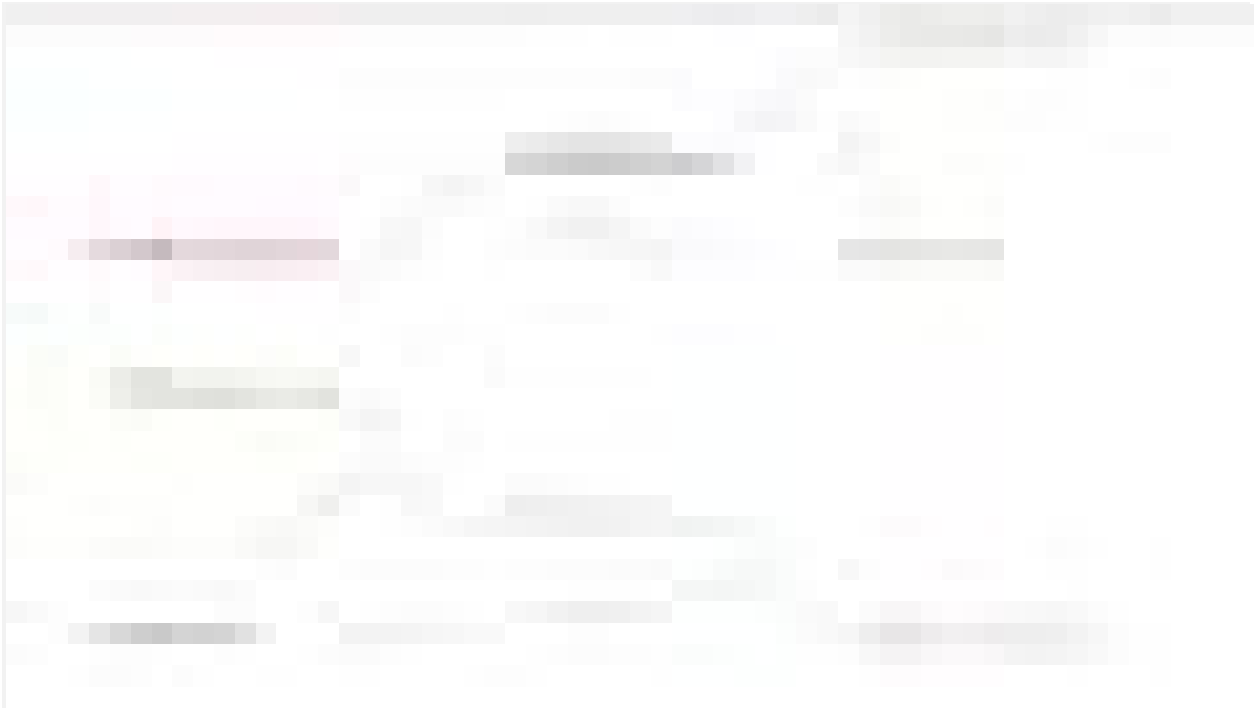
It is safe to say that a positive dominant mind is the best and a negative dominant mind is the worst. However, the amount of influential power they have generally differs from type to type. We do not know the exact difference between productive and destructive power. However, destructive power is observed to be stronger than productive power

Example 1 : A nuclear war within a day can destroy a 5,000 years old civilization.

Example 2 : Research shows Negative utterances and words have been found to be stronger than positive utterances and words. ^6

So a negative dominant person is more influential than a positive dominant person and a struggling person is the least influential because struggling people don't have a prominent value to perform, which in the long term, their productive and destructive things cancel each other out.

Therefore, to illustrate my point for further understanding, a negative dominant person can influence by -200 points, a positive dominant person can influence by +100 points and a struggling person can influence by 0 points.



How can people change their status?

We assume that people don't quickly swap to each level without reason. Rather, there is a need for activation energy of positive value to shift towards a more positive level and there is a backup amount that resists negative value which prevents a shift toward a more negative level. For example, negative dominant people need activation energy to shift to a struggling mind level, and struggling people need activation energy to shift up to positive dominant people. We assume that the activation energy and regression energy of everyone is different and cannot be identified quantitatively since it is a value of emotion. Moreover, the factors of time, place, people, and method will affect the amount of positive/ negative value that we can contribute to others.

The definition of **Activation energy** in chemistry is the minimum amount of **energy** that is required to activate atoms or

molecules to a condition in which they can undergo chemical transformation or physical transport. In this context, it is the minimum energy that is required to change people's conditions and status.

We assume that there is a need for activation energy because kindness and being productive are treated like weaknesses in the modern world. It takes courage and inspiration to do and give productive things. The reason is that kind people are more likely to get taken advantage of by negative people and thus lose more than they receive. The other reason is that when you are productive, other people are likely to envy you and therefore, you are more likely to be attacked by other people.

People have a conscience and they do not want to be bad. So I assume we have a backup system to not be bad. Rational people know they will not get real respect from doing bad things. They

will also lose their sense of belonging with a big group of humans. Moreover, they will feel insecure most of the time and would not have much spiritual growth. We all want to be remembered and great but not in a bad way. Hence, there is a backup system to prevent us from being bad.

The **backup system** is a person's endurance and capacity for the input of destructive values. In a related example, we have a bridge with the capacity to hold 20 tonnes of cars so that it can take 5 tonnes of cars. Our backup system would be the bridge while the 5 tonnes of cars would be destructive actions. This would be similar to the redundancy that engineers use to guarantee a certain level of performance and minimize downtime.

The concepts of activation energy and backup systems are present in our everyday lives. We need a minimum amount of energy to be happy and we can only take so much until we break. However,

because people hide their true selves and their inner thoughts, we usually cannot see this occurring in other people and only ourselves. Hence, we will use movies as supporting evidence for an objective third-person's viewpoint.

Evidence of Activation energy:

From negative dominant to struggling: The Rise of Walker (star war) ^7

Ben was going to conquer the whole universe by threatening to destroy the other planets if they do not subordinate. Rey's role was preventing the disaster from happening. But while Ben is fighting with Rey, Rey heals Ben after she stabs him because Ben was stunned from sensing her mother's death. Ben then starts to reflect with himself, and imagine his dad talking with him. He asks for encouragement to do the right thing, then his dad in his

imagination said he can do it. The result is Ben joins Rey to fight against the evil side.

From struggling to positive dominant: Beauty and the Beast¹

In the movie beauty and the Beast, the beast imprisoned a girl (Belle) but did not hurt her. After the beast saves Belle's life, she takes care of the beast well. They went on a date for a moment.

And when the beast confessed love to Belle, Belle was asking to see her father. It was a difficult decision for the beast. If he lets go of Belle, she will probably never come back and she wouldn't be able to break the curse (which is a very bad situation). However, the reason he let her go is because he loves her.

Evidence of Backup systems :

From positive dominant to struggling: Spider man universe Peter B Parker⁹

Peter B Parker in the spider man universe movie was a hero who did many productive things like saving the cities many times, falling in love, and getting married. However, in the next 15 years, he broke his back, got hit by a drone in the face, buried Aunt May, and split up with his wife. Then the result is, Peter B Parker gives up on his fitness and starts to eat junk food like pizza. Moreover, he started doing less to save the world.

From struggling to negative dominant: Joker⁸

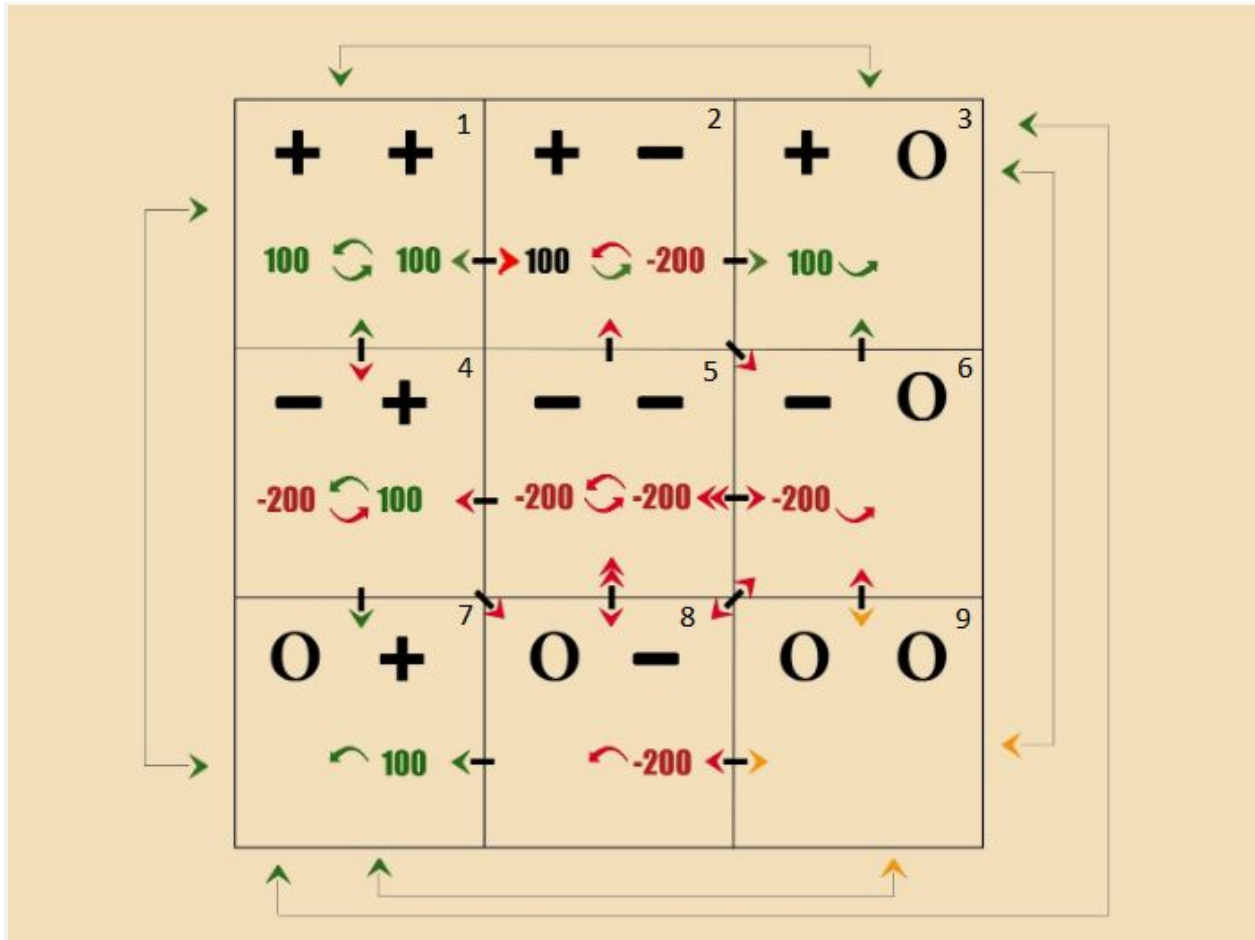
Joker wants to bring happiness to people (productive thing) but he is constantly subjected to social and physical beatings until he becomes a negative dominant person.

1. Joker was dancing to promote the advertisement board happily on the street. Then, a group of teenagers stole his advertisement board and beat him up.
2. Joker was trying to make the kid on the bus laugh (productive thing), but the kid's mum told him "Don't bother my child any more" angrily which made him stop the productive action. Moreover, it reduced his positive emotion.
3. Joker's boss fired him because he brought a gun to the workplace, but it causes Joker to lose his dream job and only passionate thing to do, which reduces his positive emotion.
4. Joker gets beaten up on the train by Gangster just because his uncontrollable symptom happens. Joker shoots the Gangsters in the end.

5. Joker found out that what he believed in wasn't true. His mum lied to him his whole life. So, Joker killed his mum.
6. Joker was treated as a joke and got no empathy from people in the TV show. He finally shot the host and caused chaos in the city.

As you can see from these examples, we need activation energy to move toward a more positive level like how the beast and Ben needed productive and positive things to lead them into better status. Moreover, we have a backup system to prevent us from going down to a more negative level. However, when the suffering exceeds our backup system, we will enter the more negative level like how Peter B parker and the Joker has decreased their status due to their continuous suffering.





+ Is positive dominant person

- Is negative dominant person

o Is struggling person

The arrows represent the different scenarios that could happen and how two people meeting each other can play out i.e. what effect can two people with the same or different status have on

Single arrow = possible scenario

Double arrow = most likely scenario

Red arrow = Moving toward a negative scenario

Green arrow = Moving toward a positive scenario

Yellow arrow = Moving toward struggling (normal) scenario

Analysis of Positive Dominant People

When you are a positive dominant person, you can meet positive dominant people, negative dominant people, and struggling people. This section will talk about how you may affect or be affected by the three types.

Reciprocity principle : In many social situations, we pay back what we receive from others.

When you meet a **positive dominant person** as we see in Block 1, you will form a cooperation with him/her. Both of your positive values will increase from the original because of the **positive feedback loop**. People are likely to act consistently to the state their mind. Moreover, there is a reciprocity in doing actions.

When one positive dominant person (who has a positive state of mind) contributes a productive action (e.g. “You are doing so great”) due to consistency with their positive state of mind, the other positive dominant person will return a similar productive

action (“ Thank you, you make my day, you are so nice“)
according to reciprocity. For example, a boy helps a girl who is struggling with her homework, the girl is likely to feel grateful and return something good back such as teaching him how to draw better. Their trust in each other increases as more reciprocity happens.

When you meet a **negative dominant person** as we see in **Block 2 and 4**, there are two possible outcomes, either you turn into a struggling person then eventually into a negative dominant person or you leave him. You still have time to spot the threat and leave because you have cooperation with other positive dominant people which gives you positive value. But, you also have interaction with many negative dominant people which will reduce your positive value. You cannot form long term cooperation and receive a consistent positive feedback loop with him. The reason is that he will continue to give you negative value

which will make you return destructive things to him, according to reciprocity. Then, when you give destructive things, your mind will gradually change to a struggling and negative dominant mind due to you getting less profit and more cost while performing it.

When you meet a **struggling person** as we see in In **Block 3 and 7**, you will spread positive power to the struggling person. This will eventually promote him to another positive dominant mind person. He can also leave you but this is unlikely because he benefits from you positively consistently. After he turns positive, he can meet other positive dominant people (forming a cooperation), negative dominant people (reducing their value), or struggling (spread positive value to them). However, you cannot form a long term cooperation and receive consistent positive feedback until you turn him into a positive dominant person. The reason is that he will sometimes give positive and negative value

to you according to his struggling mind, which could reduce your trust.

When you are a positive dominant person, your positive value potential is maximized, and the way to lose it is to meet many negative dominant people or get many negative things.

Analysis of Negative Dominant People

When you are a negative dominant person, you can meet positive dominant people, negative dominant people and struggling people. This section will talk about how you may affect or be affected by the three types.

When you meet a **negative dominant person** as we can see in **Block 5**, you are likely to get the **multiplying by zero effect** or leave the person. Both of you will give destructive things to each other because of reciprocity and consistency to your negative

states of mind. Eventually, one of you will first use the destructive things that cause multiplying by zero effect in the situation, in order to protect yourself or satisfy yourself.

Definition of **Multiplying by Zero** : We know that **anything multiplied by 0 is equal to 0**. There are extremely destructive actions that we do which make our life go back to become zero value. Therefore, when we do disastrous destructive actions, we multiply all the productive things we have ever done in our life, with 0. Thus, going back to nothing.

For example, when you are fighting a duel with someone, you just want to shoot him to death so that you do not get killed. However, you will be arrested. Another example is that you are so hurt from receiving destructive things, so you find relief by getting addicted to the drugs. However, you will also eventually be in jail. On the

other hand, you have another choice to avoid this which is to leave the person.

When you meet a **struggling person**, as we see in In **Block 6 and 8**, you will spread negative power to the struggling person, which will eventually turn him into another negative dominant person, which goes to **block 5**. The other scenario to avoid this is if he leaves you first.

When you meet a **positive dominant person**, as we can see in **Block 2 and 4**, you will spread negative value to him, which will eventually make him into a struggling person thus illustrated by **Block 6 and 8**. If the now-struggling person continues to gain negative value, they will become a negative person (moving to Block 5) or, before this happens, they can leave the negative dominant person first. Another scenario is when the positive dominant person makes the negative dominant person into a

struggling person and eventually, into a positive dominant person. However, it is more likely that he will leave or turn into a negative dominant person like you because destructive power is more powerful than productive power.

When you are a negative dominant person, you are more likely to risk the multiplying by zero effect like death or being jailed and isolated. The only way is to help yourself to get rid of it like read some positive books and watch some inspirational videos.

Analysis of Struggling People

When you are a struggling person, you can meet positive dominant people, negative dominant people and struggling people. This section will talk about how you may affect or be affected by the three types.

When you meet another **struggling person**, you will remain a struggling person. The reason is that you both sometimes give positive and negative value to each other and it's hard to get consistent feedback.

When you meet a **positive dominant person**, you will be attracted by his positive value towards you and will be less likely to leave him. Therefore, you will eventually turn into a positive dominant person when you get enough activation energy.

When you meet a **negative dominant person**, if you do not quickly leave him, you will eventually turn into a negative dominant person when his negative value breaks your backup system. You still have time to leave because there are positive people who give you positive value that offset the negative, but the negative value is stronger than positive value and there will be one day that negative value takes over you.

When you are struggling, the best way is to be with many positive dominant people, so you are likely to get your positive value maximized. Moreover, you need to quickly avoid negative dominant people.

The Butterfly Effect on Individual and Society

Butterfly Effect (simple definition) : A small action can influence an average action which will influence larger action causing greater results overall. For example, the tiny flap of a butterfly's wings in Thailand can cause a Hurricane in the USA.

If we follow this logic, then being positive or negative can cause butterfly effect. These two kinds of people can influence the struggling people to be like them, and these struggling people who turn into positive or negative dominant people will influence more struggling people. But, struggling people cannot cause butterfly

effect because he/she is not powerful enough and might get influenced by negative people first.

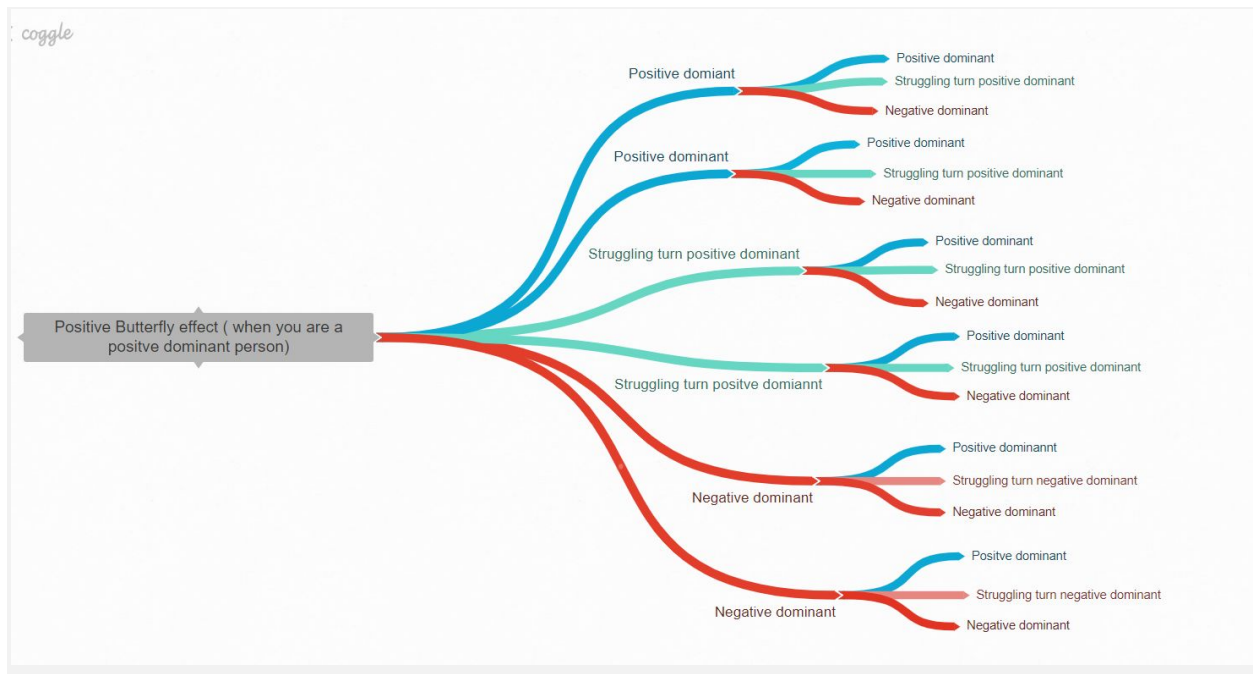
To illustrate the butterfly effect with assumption and picture , I am going to be conservative in number, so the number of 3 kinds of people that a person meets is equal. But, we do not know how many people each person interacts with. So, I will do the number 6 which is the fair number of very closed people we have. So there will be 2 positive dominant people, 2 struggling people and 2 negative dominant people.

To illustrate the butterfly effect in terms of the Good Deed Hypothesis, I have constructed the diagrams shown below. In the picture, we assume a person (you) interacts with 6 people closely. Within these six people, we assume that the 3 kinds of people are equally met, meaning 2 positive dominant people, 2 struggling people, and 2 negative dominant people. Now, let us discuss the

two types of butterfly effects: The Positive Butterfly Effect and The Negative Butterfly Effect.

The Positive Butterfly Effect





As you can see in the picture, if you are a **positive dominant person**, you can influence the two struggling people out of the six to become positive dominant. Then these two new positive dominant people will influence more struggling people to become positive dominant people as we can see in the third layer. The already positive dominant people influence struggling people to positive dominant people too, and the negative dominant people are also influencing their struggling people into negative dominant people. Their results actually cancel out but there are

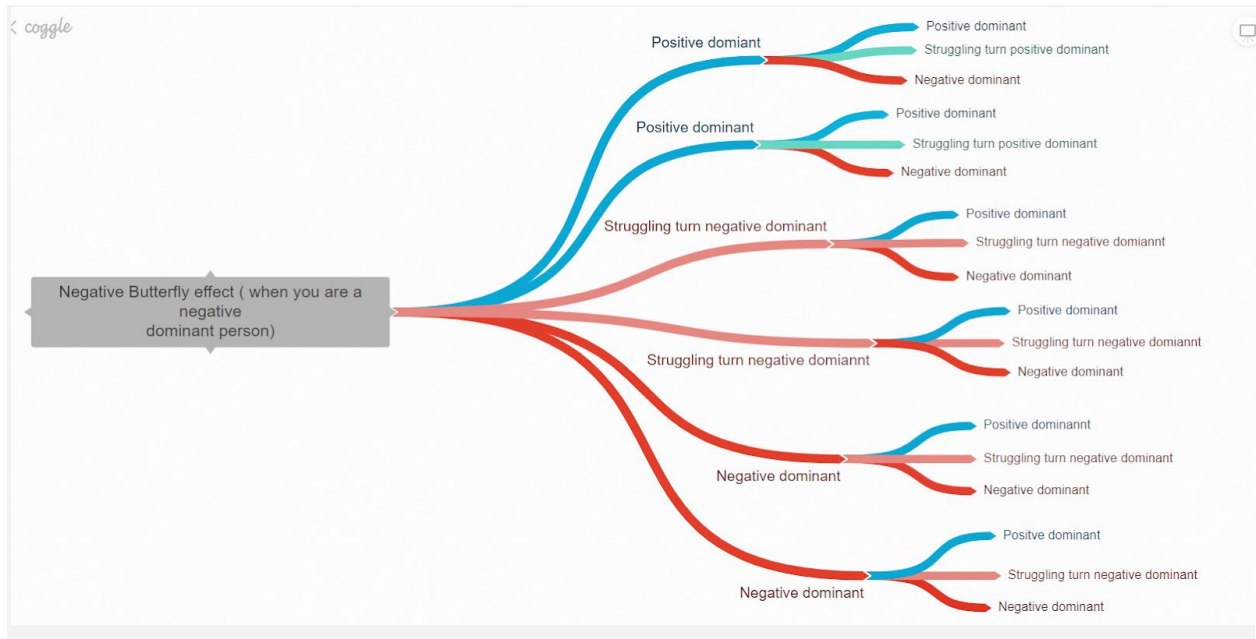
extra positive dominant people from the new positive dominant people that you influence in the second layer. When the system continues, then overall, there will be more positive dominant people formed from new positive dominant people from the previous layers. If most people choose to become positive dominant people and this trend continues for a long time, then finally we will live in a society that has more positive dominant people than negative dominant people. You and many others will then be able to form long term cooperation and positive feedback loops. You and others are more likely to receive kindness and inspiration when you become a struggling person and are able to turn back into a positive person. As a result, these cooperation and positive feedback reduce the internal consumption which slows down the end of society.

If you are positive dominant, you could make thousands or even million of people become positive dominant in the long term.

Thus, if one day when you suffer, it is more likely that the overall positive dominant society you indirectly created will do productive things for you. Therefore, your small actions as a positive dominant person can create a butterfly effect in creating a larger number of positive dominant people thus creating a more productive, positive dominant society.

The Negative Butterfly Effect





As you can see in the picture, if you are a **negative dominant person**, you can influence the two struggling people out of the six to become negative dominant. Then these two new negative dominant people will influence more struggling people to become negative dominant people as we can see in the third layer. The already positive dominant people influence struggling people to positive dominant people too, and the negative dominant people are also influencing the struggling to negative dominant people. Again, these results cancel out. However, there will be extra negative dominant people from the new negative dominant people

that you influenced in the second layer. When the layers continue, there will be more negative people formed from new negative dominant people until the last layer. If most people choose to become negative dominant people and this trend continues for a long time, then finally we will live in a society that has more negative dominant people than positive dominant people. You have two choices, one is to get into a destructive reciprocity cycle with other negative dominant people and eventually cause multiplying by zero effect at the end. The other choice is to leave the negative dominant people who you interact with, which makes you feel isolated because you have to leave most people at that time. Moreover, it will be harder to turn into a positive dominant person when you are surrounded by negative people who will drag you down and take your kindness and productivity as weakness. As a result, the chaos, fights, and isolation will increase the internal consumption which speeds up the end of our society.

If you are a negative dominant person, you could make thousands or even millions of people become negative dominant in the long term. Thus, it is more likely that you will become a negative dominant person and it will be difficult to return back into a positive dominant person because the overall negative dominant society is influencing you.

Conclusion

In a nutshell, being a steady positive dominant person has more benefits than the other 2 types of people in the short and long term. A steady negative dominant person is the worst in these 3 types. By being a positive dominant person, you and your loved ones can live with a longer duration of happiness. Moreover, you could be a hero without a cape that saves the world. To say in simpler sentences, a steady positive dominant person is able to

have a lot of long term friends and a steady negative dominant person has least friends.

P.S. I once win against the pains from real physical illness and real mental illness at the same time, I think I am very strong, I feel proud. Hahahaha

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